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Fracture Risk for Older Prostate Cancer Patients Warrants Close Review of Hormone Therapy

Research recently presented at the Ninth Annual American Association for Cancer Research Frontiers in Cancer Prevention Research Conference by a team of investigators at The Cancer Institute of New Jersey (CINJ), shows careful consideration should be given before initiating androgen deprivation therapy, a common treatment for older men with localized prostate cancer. The investigators are concerned that this particular population has a higher than average risk of bone fracture, and that androgen deprivation therapy might add to their fracture risk. For more than a decade, this form of treatment, which shuts off male hormones known to promote growth of prostate cancers, has become a popular alternative to surgery, radiation or conservative management, but little is known about long-term toxic effects associated with its extended use. The study which utilized data from the population-based Surveillance, Epidemiology, and End Results database and linked Medicare files, found that 48 percent of patients who received androgen deprivation therapy received more than 24 months of treatment. The risk of fracture was nearly one and a half times for men who received 36 or more doses of androgen deprivation therapy versus those who did not. Those administered androgen deprivation therapy were associated with a 57 percent increase in the risk of multiple fractures after the first two years of treatment. Men 75 and older who received androgen deprivation therapy, were associated with a fracture risk 3.6 times that of men aged 66 to 74 who had the same therapy for less than two years. The authors say it is key to note independent risk factors for fractures including older age, stroke, having two or more diseases at the same time, and history of fractures.

Efforts Boosted to Address Tobacco Cessation in New Jersey's South Asian Community

CINJ and the UMDNJ-School of Public Health are embarking on the development of educational efforts to combat the negative effects of tobacco on the state's South Asian population. A \$200,000 community grant from the National Cancer Institute will provide for the creation of a research-based, service-oriented set of instructional tools that health educators will be able to utilize not only in New Jersey, but also nationwide. The goal is to inform South Asians of the dangers of tobacco and smokeless tobacco products and what cessation resources are available. Basic scientists at CINJ already have been exploring the toxicology of traditional South Asian tobacco products, and its population science members have been looking at surveillance and intervention strategies to overcome the disparities of tobacco approaches. These experts will work closely with a CINJ-based community health educator, who will conduct grass-roots level research on the South Asian population. The goal is to develop culturally-appropriate tobacco cessation curriculum which will be used to train health and community leaders who are on the front lines of interacting with the South Asian public. The anticipated 'tool kit' will contain web, print, video and other interactive presentation tools, which will be available in various languages relevant to the South Asian community. CINJ is one of 17 cancer centers in the nation selected as part of this elite group for this award cycle.

Annual Bike Ride Raises \$200,000 to Benefit Cancer Research at CINJ

The efforts of 140 dedicated cyclists and 100 volunteers for this year's Century for the Cure bike ride have resulted in \$200,000 being given to the CINJ Foundation to support cancer research. The 100-mile Century for the Cure event was created out of the desire by Scott Glickman, a cycling enthusiast, to "give back" to CINJ. He was treated successfully at the New Brunswick facility during his battle with stage four non-Hodgkin's lymphoma more than a decade ago. The event takes place at Camp Riverbend in Warren Township and attracts seasoned bike riders, first-timers, virtual riders who raise and donate funds without physically riding and event volunteers who want to help the cause. Since the ride's inception in 2005, more than \$625,000 has been raised for cutting-edge research in multiple disciplines at CINJ. A portion of the funds raised this year will support the work of [Roger Strair, MD, PhD](#), director of CINJ's Hematologic Malignancies Program and professor of medicine at UMDNJ-Robert Wood Johnson Medical School, who was Glickman's oncologist.





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